

## Efficiency: These Devices Lighten Housework

# TESTED AIDS FOR THE HOUSEHOLD

System: Every Business  
Must Have Its Machinery

### THE LAST WORD IN AN ELECTRICAL CONVENIENCE

"ELECTRICAL appliance" is almost a synonyme for convenience and efficiency, but the manufacturers are always aspiring to new heights. Any one who has ever struggled with a hot toaster or a hot-iron in the conscientious endeavor to break the circuit at the appliance, as all rules direct, will find this new button switch applied to the cord worth many times its humble price of 50 cents.

If you yield to temptation and turn off the current at the lamp-socket fixture, using the snap key, there is apt to be a blowout. An occurrence of this kind with half-cooked eggs, or a rarebit in the chafing dish, or ironing half done, means the sort of super-irritating inconvenience that comes only from having our modern time savers betray us just when we have come to trust them implicitly. A blown fuse in the midst of a cooking, ironing or cleaning campaign is in the same class with a broken-down motor twenty miles from nowhere, or a telephone that fails to work when we reach out for it in an emergency.

These mishaps are usually our own fault, due to ignorance or neglect of these faithful mechanical servants. The lamp socket switch is not designed to control the current used by appliances. It is meant to be used only for turning off the light, and so unless you have a socket plug of the separable type (a device in two parts, one of which screws into the socket, while the cord half plugs into the socket end) there is no escape from the struggle with the connection at the hot appliance.

The C-H Seventy-Fifty Switch wipes out even this slight inconvenience. It is only 1½ by 2½ inches in size, and consists of an inclosing case of insulating material with two push buttons, one white and the other black. It is very easily applied and can be used with any electrical appliance. All that is necessary to attach it to the cord is to remove the screws holding the two parts of the case together, cut one of the wires of the cord, and attach the cut ends to the two terminal screws found at the two ends of the switch. As the capacity of the switch is 750 watts (3 amperes at 250 volts, or 6 at 125 volts) it may be applied to any lamp socket device.

The switch can be attached to the cord at any convenient point, which makes it especially adaptable for table cooking appliances.

Perhaps its most important use is with the electric iron, as in this case the current must frequently be turned on and off. The length of time that the iron holds the heat varies with the material worked upon, and too often the iron is allowed to get too cold or too hot be-



FIG. 1

The push-button switch which can be attached to any electrical appliance, such as toaster, iron, etc., and gives convenient and instant control of the current.

cause of the inconvenience of breaking the connection. All these troubles roll away when this simple little button switch is applied to the cord within easy reach of the hand. Pressure on the light colored button allows the current to flow, and the black button turns it off.

This device not only saves the operator inconvenience, delay and mental anguish, but it prolongs the life of the faithful appliance, because there is no sparking at the appliance plug, less wear on the terminals and fewer repairs are necessary.

There may be ways of getting more comfort and convenience than by investing 50 cents in a C-H Seventy-Fifty Switch, but at the present writing we are not able to think of them.

C-H Seventy-Fifty Switch. Price 50 cents. Made by The Cutler-Hammer Mfg. Co., Milwaukee, Wis., and 50 Church St., New York City.

### The Picturesque Corn Muffin

Patriotism, national pride in a home grown product, economy and dietetic and nutritional facts have all been called into action to get the American public to forswear wheat for corn.

The success has been only partial, and the Krusty Korn Cob Molds are offered to appeal through the eye to the appetite by presenting the corn muffin in a picturesque disguise.

With the children, certainly, the scheme ought to work, for the golden brown cobs of cornbread that result are very attractive.

The molds are made either in aluminum or in cast iron ware, and are of the right thickness to retain the heat so that the bread is thoroughly and evenly baked and attractively browned. The device is 7 by 14 inches, each mould being 6½ inches long and 1½ inches wide. The edges, however, are thin and crisp, and while the portion is a generous one, the resulting product weighs only about one and a quarter ounces, which is less than our permitted two-ounce portion of bread.

The following recipe will just make seven Krusty Korn Cobs:

1½ cupsful cornmeal	1½ teaspoonful salt
1½ cupsful flour (may be omitted and 2 cupsful cornmeal used)	1½ cupsful milk
3 teaspoonful baking powder	1 tablespoonful sugar (may be omitted)

Mix and sift dry ingredients, add milk and

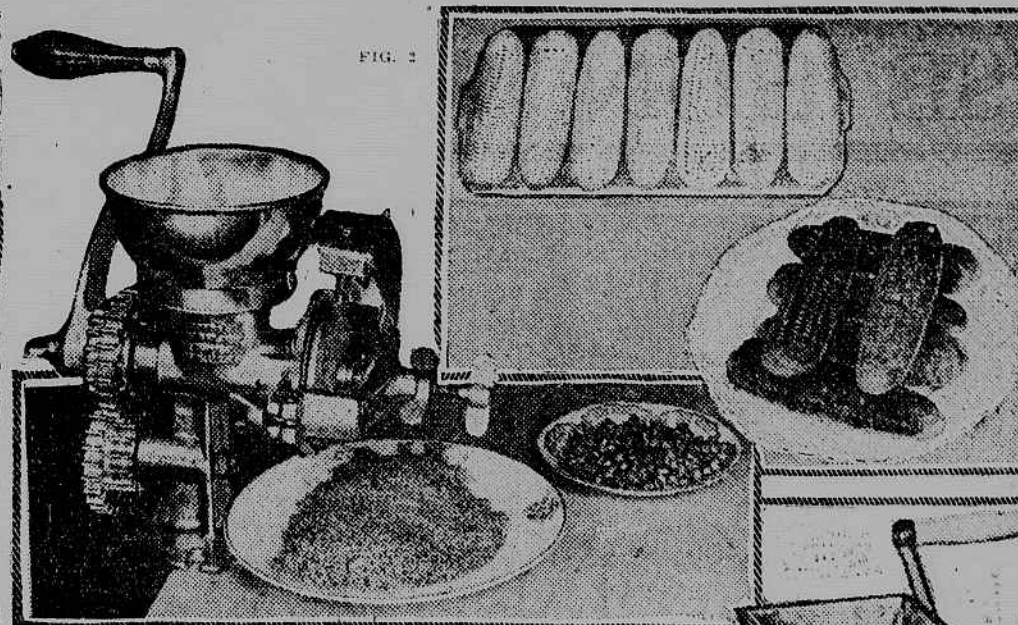


FIG. 2

Fig. 2—The mould, which produces imitation corn cobs from corn meal, is made either of aluminum or cast iron. Cornbread served in this form is crispy and attractive.

Fig. 3—The Corona Corn Mill is especially adapted to grinding whole wheat, corn and rolled oats. It turns rapidly and easily.

melted fat. Bake in greased mould in hot oven for about twenty minutes.

Krusty Korn Kob Molds. Prices: Aluminum, \$2.65; Cast Iron, \$1.00.

Made by the Wagner Manufacturing Co., Sidney, Ohio.

### Grinding the Whole Grains at Home

Buying flour is a complicated matter nowadays, and some of the substitutes, especially rice and barley flour, cost considerably more than the grains themselves. These two flours mixed with wheat give a bread that is at once white, delicate and patriotic for those misguided adults who cannot bear to look upon the bread when it is brown. The rolled oat flour also is one of the best of substitutes. It is hard to get at any price, and costs usually 3 cents more a pound than when the rolled oats are bought in bulk.

Besides these special cases a mill in the home means that you can grind any grain and get its full value. All the bran of the wheat and all the fatty germ of the corn are yours if you are your own miller. The labor is not excessive if you have the right kind of a mill.

The two mills shown are similar in type, but differ slightly in their finish and construction, which accounts for the difference in price.

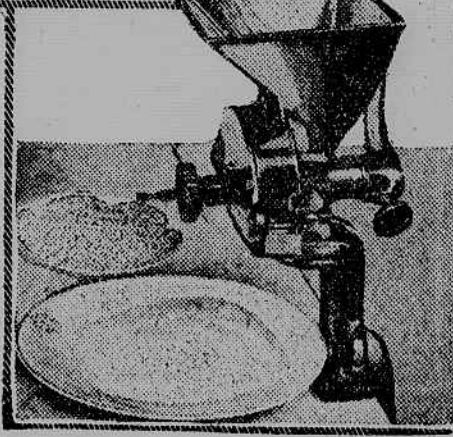


FIG. 4

The Arcade Grist Mill reduces rice and barley to a fine flour excellent for breads and other bakings. Only one grinding is necessary.

Though both are disk grinders, the geared crank shaft of the Corona Corn Mill makes the turning somewhat easier.

The grain passes between the two disk grinders, one of which remains stationary while the other revolves, and the space separating them can be adjusted to vary the degree of fineness in the resulting flour.

The Arcade Grist Mill (Fig. No. 4) has a square hopper and is made of cast iron finished in dark brown enamel. A thumb screw at the back of the machine adjusts the grinders and a nut locks the setting so that it cannot change during the grinding. In this mill corn, rice and barley can be reduced to flour

by passing the grains through the mill once when set as tightly as possible. The mill was turned seventy revolutions a minute, and the grinding of half a pound of grain was completed in three minutes in the case of the rice. The barley took five minutes, at a little higher speed of turning (80 to 100 revolutions). In the case of the whole wheat, two grindings were necessary, with the grinders separated a little more for the first grinding in order to make the turning of the crank easier. The first grinding of a pound of whole wheat took 2½ minutes, and the second grinding, for which the mill was set as tightly as possible, took 9 minutes.

The Corona Corn Mill No. 3 (Fig. No. 3) is made of cast metal, but has a tinned finish and a round hopper. Two winged nuts at the back of the mill control the adjustment of the grinders and lock them in position. The geared crank shaft, as noted before, makes the turning somewhat easier, and this machine is especially good for grinding the rolled oats into the much desired oat flour, which is so hard to buy. This "tempered" oat flour (produced by the temperatures applied in rolling the oats) possesses to a greater degree than any other of the substitutes the elasticity or gluten quality of the wheat, so that it can be used "straight" (100 per cent) for the making of baking powder products, and in fifty-fifty mixtures for the yeast breads. In some of the mills the rolled oats, being so light, remain in the hopper and do not come through as they should.

A pound of whole wheat was finely ground in two minutes with from 75 to 100 revolutions per minute. A pound of corn took four minutes. A half of a pound of rice was reduced to flour in one minute with 75 revolutions of the wheel.

While this mill does not grind rice and barley to so fine a flour as the Arcade, it will handle corn wet or dry, the rolled oats and the whole wheat more easily.

Both of these machines may be clamped to a table by means of a screw, or may be permanently installed. They readily come apart and are very easy to clean after using.

The home manager may not at first look with enthusiasm on adding milling operations to her household duties, but since she must be in the kitchen more or less anyway to do her duty in these times, milling may contribute a very interesting feature to the day's work and prove in the end easier and more convenient than pursuing the various substitute flours from store to store. There is a primitive satisfaction in being independent and in following your own bread through from the whole grain to the table.

Corona Grist Mill. Made by the Arcade Manufacturing Co., Freeport, Ill. Corona Corn Mill, No. 3. Price, \$6.00. Made by Landers, Frary & Clark, New Britain, Conn.

## AN APPRECIATION OF THE ONION FAMILY

By JEANNETTE YOUNG NORTON

"THE bottom has dropped clean out of the onion market and we have so many onions on hand we don't know what to do with them." This is what the vegetable man said to a customer after the recent onion slump when she questioned the unusual prices. With the prices again normal, enough so to seem abnormally cheap, we housewives do know exactly what to do with them or should lose no time in finding out.

The onion family, which includes the red, yellow and white varieties, leeks, three kinds of garlic, chives, scallions, shallots, and their overseas cousins, the Spanish and Bermuda onions, is the largest and most valuable of the succulent vegetable family in the culinary blue book. Accommodating enough to be seasonable all the year around, it is a cause of mild speculation as to what substitute our leading chefs and cooks would use if suddenly bereft of the valuable onion. Their brief sally into the luxury class gave rise to the thought. May their odorous shadow never grow less! Though we are affected to tears in their preparation, we forget our sorrow in the pleasurable enjoyment of the completed dishes.

The at home cook usually boils the white, yellow or Bermuda onions and serves them with a butter or cream sauce. The red ones are consigned, with the large leeks, to the soup pot. The chives are used occasionally in

salads or sauces, and shallots, using more delicate in flavor, are reserved for sauces and newburgs. Scallions are eaten raw, when they first come, as a relish; as they grow older and strong they appear in salad or are dropped from the menu. Spanish onions in season are served raw, in salads, and once in a while, on rainy days, they are fried. Grated onion in mayonnaise, and minced onion for a seasoning, and garlic for soup or the bottom of the salad bowl, about complete the ordinary cook's ideas on the use of onion. In reality she has but made a small beginning in taking advantage of the many possibilities of this useful vegetable.

### Onion and Apple Relish

Suppose for instance on a day when, for economical reasons, a meat hash is to be served we try an onion and apple relish. It is easy to make and is a great appetizer. Take a thick slice of apple and lay over it a slice of onion that has been dipped in a little melted butter, or drippings, then dusted with pepper and salt, a little sugar and grated cheese. Lay another slice of apple on top, sprinkle with pepper, salt, sugar and a generous piece of butter. Put the little relishes on a buttered pan in the oven, cover until they begin to cook, then uncover and cook until tender and a delicate brown. Serve on a hot dish and turn the dish gravy over them. Follow the course with a plain lettuce and chicory salad, with French dressing, and the dinner will be hearty enough without a dessert. Whole wheat bread adds much to the occasion.

In fact, with the advent of spring and early summer days, the wise woman will cut out desserts and put her extra money into salads, which are so inviting and health giving at this season.

### Baked Spanish Onions

Another combination that makes a good spring dinner for a meatless day is to follow a light cream of lettuce soup with baked Spanish onions occupying the empty meat platter. Allow one medium sized onion per person. Peel and boil the onions in salted water until tender but not soft, drain and when slightly cool hollow out the centres. Fill with a stuffing made of crumbs, grated cheese, pepper, salt, a little sugar and a small lump of butter. Place on a buttered shallow pan and bake ten minutes. If they seem dry baste once with a tablespoon of hot milk to each onion. Dish the onions on a hot platter and turn over them a rich brown sauce. Garnish with whole wheat toast and parsnip croquettes. Buttered new beets, or new cabbage, with cornbread, followed by a fruit cream cheese salad, pineapple or orange, completes the meal.

Onions on Toast and in Ramekins Onion toast will conveniently piece out a slim dinner or serve as an appetizer on fish day. Pare and chop a Spanish onion and saute it in a tablespoon of butter. Add pepper, salt, a teaspoon of sugar and cover until it is tender, then brown slightly. Spread on slices of toast, flatten a tablespoon of mashed potato on top of each slice, dust with grated cheese and set in the oven long enough to melt the cheese.

Onions in ramekins go well with a quick



meat dinner like chops, cutlets or steak. Peel and boil a quart of onions, drain, break them up and drain again. Add pepper, salt, a little sugar, a small lump of butter, half a cup of grated cheese, and a cup of smooth tomato sauce. Line greased ramekins with a layer of hot mashed potato, fill the centres with the onion mixture, dust the tops with a few crumbs and bake.

### Onion and Potato Pancakes

To those who have never tried them onion and potato pancakes will be a gastronomic revelation. Pare and grate four large potatoes and two Spanish onions. Add three well beaten eggs, pepper, salt, two teaspoons of sugar, a level teaspoon of baking powder in three-quarters of a cup of flour, and a half cup of rich milk. Beat well and fry like pancakes. Serve in a napkin garnished with parsley. With sausages and apple sauce the cakes make an excellent meal.

### Onion Mould

Grate two medium sized Spanish onions and add to them three-quarters of a cup of chopped celery, a seeded and minced cucumber, two teaspoons of sugar, a half teaspoon of salt and a quarter teaspoon of red pepper. Heat a pint of tomato juice and season it; add two tablespoons of gelatine powder that has been dissolved in cold water. Boil up once, add the other ingredients and turn into a wet mould. When set slice onto lettuce leaves and serve with heavy mayonnaise.

## TAKING THE STOOP OUT OF HOUSEWORK

By FLORENCE L. CLARK



"MAKE your head save your heels" housewives are taught these days. But is it not just as important, or even more so, to make your head save your back? I believe if the roll of tired housewives was called some Monday night or Tuesday night, or any other night at the end of a work-full day, many more would answer to back weariness than to tired feet.

Any woman can train herself, no matter how full of "pep" she may be, to conserve strength by sitting down to wash dishes and peel potatoes. What if a snippy neighbor does say, "I can't sit down to my work. I never have and I never shall. It looks so shiftless!"

There is more to this matter of back conservation than merely doing away with constant standing, fatiguing as that is. The weariness that comes from stooping needlessly should be avoided just as religiously.

"Bending over just tires me to death!" Haven't you heard more than one woman say it? I have. The other day it was said in the presence of a certain woman who does all the work for her large family, does it with efficiency, and yet finds time to spend

several afternoons a week sewing for the Red Cross:

"Bending over is hard on one," she said. "I am doing very little of it in my housework now."

"How do you help it?" she was asked. "Thereby hangs a tale," she rejoined, with a little laugh. "One washday, when my back was just ready to break, I sat down and compelled myself to think the thing through. I came to the conclusion that stooping over had more to do with my weariness than anything else. From that day to this I have been taking the stoop out of my housework."

"Where, I wonder, do you have your basket of clothes when you iron?" she asked, turning to a woman who she knew was, like herself, her own laundry lady.

"Why, under the ironing board," she answered wonderingly.

"I thought probably you did. That is where ninety out of every hundred women have it, and every time they take an article from the basket they bend themselves into a capital V and perform a double contortion under the board. They do the same thing in sprinkling and folding clothes. Why not have the basket on a stool or table beside you?"

"I don't know," the woman admitted meekly. "I guess I do it the other way because my mother did."

"And she did it because her mother did. She also probably had her basket on the ground or laundry floor when hanging up the clothes, and bent way over for each garment she hung and then lifted the basket along as the line filled. It's a back breaking business. I know, for I used to do it that way. One day I had an inspiration, and made a trip to a second-hand store and bought four small wheels from two cast-off go-carts, took them home and had my husband saw off the back of a kitchen chair and put the wheels on the legs. I place my basket now on this wheeled stool when I hang the clothes. I can lift things out without stooping and push the contrivance along as the line fills, instead of lifting the basket. If you dry your clothes indoors, just castors on the legs of the stool would be enough."

"I wonder if you shouldn't have an 'elevating' day, too," she went on, as her hearers pressed her for further details. "Our plumber and carpenter and I had one one day. We elevated laundry tubs, sink and tables until they were high enough to allow me to work at them without bending. Then we changed all the shelves and hooks for pans and utensils that were low or underneath anything to places where they could be reached without bending over."

"Shortly afterward I read in a magazine how to use a long-handled dustpan to take the stoop out of sweeping, and I fixed my dustpan that way."

"One of the children became sick and needed almost constant attention. I found I had to bend over the bed continually, and there was my back again. So I had my husband make four blocks about ten inches high and we put one of these under each leg of the bed. What a back saving it meant, and such a

simple thing! Every hospital knows it—why not the home?"

"Wait, wait!" interrupted one of the women at this point. "I have an idea, too. Mrs. Brown was wondering which would be better for her new house, a bathtub that comes down to the floor or one on legs. Shouldn't she get the one without legs and then she won't have to get down to clean under it?"

"Certainly," and as the woman started for the door in her eagerness to carry the information to Mrs. Brown, she called this parting advice to her: "And tell her, too, about the new radiators that stand up on legs, so you can run the long-handled brush under them without stooping!"

And what is good for the back of the mistress is equally good for the back of the maid! If your own back doesn't ache—"remember the maid," and see to it that sinks, work tables, stoves, beds, etc., are from 34 to 36 inches high. It means much in the day's work—repeated 365 times.



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